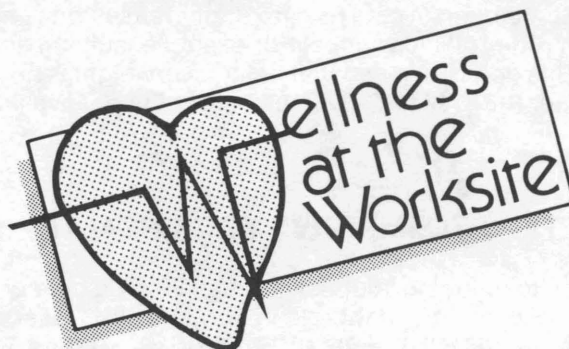


Texas Agricultural Extension Service



Interpreting Your Health Risk Appraisal Printout

Health Risk Appraisal (HRA) is a tool to identify health risks and to encourage adoption of a healthier lifestyle. It is not a comprehensive medical analysis or a substitute for a medical examination. However, it does indicate some of the more common threats or risks to your health and life over the next ten years.

Your personalized health risk analysis was determined by comparing your answers about health-related behaviors and personal characteristics to 1980-1982 national mortality statistics and additional health data for other people your age and sex. From this analysis, your risk of dying from the 12 leading causes of death for people your age and sex in the next 10 years was calculated. The analysis also gives an estimate of how much your risk could be reduced by making appropriate lifestyle behavior changes.

YOUR RISK AGE NOW AND YOUR TARGET RISK AGE

YOUR RISK AGE NOW and **YOUR TARGET RISK AGE** appears at the top of page 1 of your computer printout. **YOUR RISK AGE NOW** is your estimated 'health age' based on your current lifestyle. Ideally, you want a risk age lower than you real age. **YOUR TARGET RISK AGE** is the estimated 'health age' you could achieve by making recommended lifestyle changes to improve your risk profile. It shows the potential benefit, in health terms, of improving your lifestyle if you quit smoking, wear safety belts, take moderate exercise, etc.

MOST COMMON CAUSES OF DEATH

THE MOST COMMON CAUSES OF DEATH in the next ten years for people your same age and sex are listed on the first page of your printout. The numbers under the column heading **COMPARISON GROUP** represent the average number of people your same age and sex out of 1,000 who would die from these 12 leading causes of death over the next 10 years. The numbers under the column heading **YOUR GROUP** represent your estimated risk of dying from a particular cause over the next 10 years. For instance, if **YOUR GROUP** number is less than the **COMPARISON GROUP** number, your risk of dying from that cause is less than the average person your age and sex. On the other hand, if **YOUR GROUP** number is higher than the **COMPARISON GROUP** number, you have a greater risk of dying from that cause than others your age and sex.

The numbers under the column heading **TARGET** represent the level of risk you can achieve by incorporating the suggested action into your lifestyle. Many serious injuries and health problems can be prevented. Your printout lists actions you can take to improve your risk profile.

RISK FACTORS YOU CAN CHANGE

With the exception of age, sex and heredity, you have control over most of the risk factors that affect your health. The lifestyle habits under **RISK FACTORS YOU CAN CHANGE** are listed across from the causes of death they are associated with.

TO IMPROVE YOUR RISK PROFILE

Positive lifestyle habits you can adopt to improve your health are listed under **TO IMPROVE YOUR RISK PROFILE**. Although overall risk greatly increases with each additional risk factor, the printout ranks your risk factors in order of importance. For example, quitting smoking will usually be a higher priority than losing weight. This does not mean that being overweight is not risky but that smoking is more risky. The numbers listed under **RISK YEARS GAINED** reflect the relative importance of each lifestyle risk factor for improving your health.

TAKE STEPS TO IMPROVE YOUR HEALTH

In addition to reducing your risk through lifestyle changes, regular check-ups and early detection of health problems play an important role in good health. The second page of your printout summarizes **GENERAL RECOMMENDATIONS FOR EVERYONE** as well as **ROUTINE PREVENTATIVE SERVICES** which you should follow. Two of the most important preventative screening services are having your blood pressure and cholesterol levels measured. If you don't know what your blood pressure and cholesterol levels are, have them checked.

Attached to your HRA printout are factsheets addressing specific health behaviors that you need to change to achieve a healthier lifestyle. Over the next several weeks, you will be receiving a series of educational home study leaflets on wellness lifestyles which discuss exercise, stress management, smoking, nutrition and safety.

If you have any questions about your printout or would like additional information on health, nutrition and wellness topics, contact your county Extension agent.

Prepared by Mary Ann Heussner, Ph.D., Extension health education specialist, and Alice E. Hunt, Ph.D., Extension nutrition specialist, The Texas A&M University System, College Station, TX, March 1988.

Educational programs conducted by the Texas Agricultural Extension Service serve people of all ages regardless of socioeconomic level, race, color, sex, religion, handicap or national origin.

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